

Using a wax bath at home

Physiotherapy & Occupational Therapy

Who is this leaflet for?

This leaflet is for patients who are going to continue using wax bath treatments in their own home. It explains what type of equipment is suitable, the correct technique to use and precautions for use.

Why might I want to buy my own wax bath?

If you have found heat / wax treatment useful in relieving pain / stiffness, you may want to consider purchasing your own wax bath for home use.

What should I consider before I purchase a wax bath?

- Make sure you purchase a bath which is thermostatically controlled and conforms to electrical standards
- Make sure you know the correct sequence of steps to follow when using the bath. Your Therapist will go through these with you if you are unsure.

What is the best technique for using the bath?

- Always follow the manufacturer's instructions
- Always wash and thoroughly dry your hand before immersing in the wax
- For best results dip the hand in the wax bath, withdraw and allow the wax to set. Repeat 6 times, then lower the hand into the bath and keep it there for 20 minutes, rather than wrapping it in a plastic bag and mitt
- Always complete your exercises immediately after wax use. These are the exercises set for you by your Therapist.

Are there any precautions for using the wax bath?

- If you are concerned that the thermostat on your bath may be incorrect, then check the temperature with a thermometer before use
- Do not use the wax bath if you have open wounds, or your skin becomes frail and/or sensitive
- Do not use if you are experiencing a 'flare up'.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Who can I contact if I have any concerns or questions about using a wax bath at home?

If you have concerns or queries about using a wax bath at home please speak to your Therapist.

Name of Therapist:

Contact telephone number:

Out of hours / emergency contact details:

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。